

## **What should I do when my child behaves inappropriately with the babysitter?**

Establish rules for behaving with the babysitter (follow the baby sitter's instructions, go to bed on time, stay in the yard, abide by the household rules, etc.) These rules should be consistent and followed by everyone in the home. Possible rewards include verbal praise, a kiss on the cheek, a hug, having a friend over to play, staying up late, watching a favorite TV show, and playing a game.

Talk to your child about how you expect him/her to act before leaving him/her with a baby sitter. Make sure your child knows when you are leaving, where you will be, when you will be home in order to make him/her feel more comfortable while you are gone.

Encourage your child to tell you about things that happen when he/she is with the baby sitter. Ask him/her if the babysitter is nice, and how the child was disciplined by the baby sitter. Ask him/her which baby sitters he/she prefers and why.

Interview potential baby sitters and select one who has the skills necessary to manage your child's behavior. Ask the baby sitter to arrive 10 minutes early so that you can tell them about your child's favorite activities and activities that make your child upset. Tell the babysitter in front of the children that you expect a full report when you get home. Schedule activities for the children and the baby sitter for the evening.